

# Itinerary

## Sightseeing and Study Tour: (Oct 20 to Nov 4, 2012, 16 days)

**Day 1- 2: USA-Beijing Sat-Sun, Oct 20- 21**  
Nonstop flight from San Francisco to Beijing. Arrive in Beijing in the evening. Transfer to hotel, relax and enjoy the evening in Beijing

**Day 3: Beijing-Beidaihe Mon, Oct 22**  
After breakfasts, we will travel by motor coach to Beidaihe to begin our study.

**Day 4-8: Beidaihe Tue-Sat, Oct 23 - 27**  
Study Taiji Qigong.

**Day 9: Beidaihe-Beijing Sun, Oct 28**  
After breakfast, we will travel by motor coach back to Beijing to join the sightseeing tour (Day 2 of Sightseeing tour).

**Study Tour consists of 30 contact hours of instruction and practice.**



## Sightseeing Tour (Oct 27 to Nov 4, 2012, 9 days)

**Day 1: Depart USA Sat Oct 27**  
Nonstop flight from San Francisco to Beijing.

**Day 2: Beijing Sun Nov 28**  
Arrive in Beijing in the evening. Transfer to hotel, relax and enjoy the evening in Beijing.

**Day 3: Beijing Mon Oct 29**  
In the morning, we will tour Tian'anmen Square, the largest public square in the world, capable of holding more than one million people. Walk through the Gate of Heavenly Peace to enter the Forbidden City, a 9,999-room compound, where the 24 emperors of the Ming and the Qing Dynasties ruled the Middle Kingdom for nearly 500 years (1420-1911). After lunch, we will tour the Summer Palace, built in classical Chinese style in 1750 as a royal recreational resort.

**Day 4: Beijing Tue Oct 30**  
The highlight today is an excursion to the Great Wall. Enjoy the dramatic vistas and marvel at the Wall as it climbs and descends steep ridges and narrow valleys. The Great Wall stretches an impossible 4000 miles across China's north, covering nine provinces—from the Yellow Sea to the Gobi Desert. Afterwards, we will visit the Ming Tombs, resting place to 13 emperors; and walk the path of the nearby Sacred Way

**Day 5: Beijing-Suzhou Wed Oct 31**  
In the morning, we will visit the Temple of Heaven. This remarkable building is considered the supreme achievement of traditional Chinese architecture. Built without a single nail, this 120-foot-high structure is fixed by four inner pillars represent the seasons, and two sets of 12 columns denote the months and the traditional Chinese division of a day. After lunch, we will take an afternoon flight to Shanghai, then travel by motor coach to the water town Suzhou.

**Day 6: Suzhou-Hangzhou Thu Nov 1**  
In China, Suzhou is often referred as the "Venice of the East". It is a 2,500-year-old city famous for its traditional gardens, ancient canals and silk production. We will visit the Humble Administrator's Garden and tour the Silk Spinning Mill, where you will learn how silk is created from the mulberry-munching silkworms to produce thread and fine cloth. After lunch, we will visit Tiger Hill and take a cruise on the Grand Canal and see local people's life along the river. After dinner, we will travel to Hangzhou, one of China's premier tourist destinations.

**Day 7: Hangzhou-Shanghai Fri Nov 2**  
An old Chinese saying states, "In heaven above there is Paradise, on earth there is Suzhou and Hangzhou". We will tour the 1,700-year-old Lingyin Temple, one of China's most famous monasteries. After lunch, we will take a cruise on the picturesque West Lake, which is said to be created from a pearl dropped by a phoenix and a dragon. No tour to Hangzhou is complete without going to the world renowned Dragon Well Tea Plantation, where the legendary Longjing green tea is picked and processed by hand. You will learn about the harvesting, as well as the proper way to brew this healthful beverage. After dinner, we will travel by motor coach to Shanghai.

**Day 8: Shanghai Sat Nov 3**  
Shanghai is China's dynamic financial and artistic center. In the morning, we will visit the Jade Buddha Temple and take a walk along the Bund, the elegant riverside promenade which symbolized European and foreign influence and affluence in the 1930s. The modernistic Oriental Pearl TV tower looms in the background redefining the skyline. Later, we will visit the Old Shanghai bazaar. After lunch, it is free afternoon to shop at the Old Shanghai bazaar or to explore this vibrant city on your own.

**Day 9: Journey Home Sun Nov 4**  
After breakfast; you will be transferred to airport and fly back home or to Xi'an for the extension tour. End of Sightseeing tour.

For Registration and Information:

(888) 864-0588 or (916) 740-3282

[www.MedicineBeginsWithMe.com](http://www.MedicineBeginsWithMe.com)

## Trip Extension

5 Days, Xi'an and Guilin

**\$975.00\***

Double Occupancy ♦ \$200 for Single Supplement

\*Shanghai-Xian-Guilin-Beijing Air included

### Day 1: Shanghai-Xi'an Sun Nov 4

After breakfast, we will fly to Xi'an, the starting point of the historic Silk Road and the capital of 73 emperors dating from 400 B.C. Enjoy an afternoon city tour to the Ancient City Wall, the Bell Tower and the Big Wild Goose Pagoda, which was built in 652 during the Tang Dynasty.

### Day 2: Xi'an-Guilin Mon Nov 5

In the morning, we will visit the site of one of the century's greatest archeological discoveries - Terra Cotta Soldiers. After lunch, we will depart Xian and fly to Guilin in late afternoon.

### Day 3: Guilin Tue Nov 6

We will spend a day in Guilin, a city famous for its splendid natural scenery. We will visit the Solitary Beauty Peak, Elephant Trunk Hill and the Reed Flute Cave, which is a spectacular world of various stalactites and stalagmites, stone pillars and rock formations created by carbonate deposition.

### Day 4: Yangshuo Wed Nov 7

The highline of today is a leisurely 4-hour cruise down the Li River. The section of Li River between Guilin and Yangshuo is the nature's art gallery with picturesque riverbank and limestone hill vistas. In the afternoon, we will take a special bamboo raft ride along the Yulong River.

### Day 5: USA Thru Nov 8

We will fly home after breakfast. We will be in the United States the same day.

## Tour amenities include:

- ♦ Round trip air travel from San Francisco to China
- ♦ All domestic flights within China
- ♦ All taxes throughout the trip
- ♦ 5-star or 4-Star hotel lodging
- ♦ Three full meals daily (breakfast and lunch only on Free day)
- ♦ Ground transportation within China and guided tours
- ♦ English-speaking tour guides
- ♦ Full instructional fees for Study Tour
- ♦ Escorted by Eva Lew, M.D. & Frank Chan Laoshi

**Not included in Fee:** *Visa (entrance permit) for China, tips for tour guides and drivers, all personal expenses such as excess baggage, travel/medical insurance, passport, laundry, telephone, internet, etc.*

### Payment Schedule

A Deposit of \$500 per person is due with registration. **The tour price cannot be guaranteed until we receive the deposit.** Registration deadline and final balance of fee due date is August 15, 2012. In order to keep the tour fee affordable, we do not accept credit cards.

### Refund Policy

Deposits are refundable (less a \$50 administrative fee) if requested by August 15, 2012. Cancellation between August 16 and September 15, 2012, 50% of the trip fees are not refundable. Cancellation between September 16 and October 5, 2012, 75% of the trip fees are not refundable. There is no refund for cancellation within 14 days prior to departure, no-show, or early return. In the unlikely event of tours cancellation by Chilel™ Qigong, deposit & fee balance will be fully refunded

**Recoup a Tax deduction and Save:** Many educational expenses are tax deductible. Please consult your tax advisor

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## China 2012



## Sightseeing Tour

Oct 27 to Nov 4, 9 days, 4 cities

**\$2,195**

Double Occupancy ♦ \$350 for Single Supplement



## Study & Sightseeing Tour

Oct 20- Nov 4, 16 days, 5 cities

**\$3,150**

Double Occupancy ♦ \$600 for Single Supplement